Lester Levenson Ultimate Goal Volume 1 of 2

[Speaker 2] (0:00 - 1:21)

In 1952, a physicist by the name of Lester Levinson discovered a way to free himself from all limitation. Prior to that time, he had been very successful, but he suffered from the physical and emotional ill that so often accompany worldly success. But since his discovery, he's enjoyed perfect health, peace, and happiness right up to this day.

His peace and joy are very evident to those who know him. His mastery of life has become legendary, and his compassion for others has led him to help many people toward achieving the same peace and happiness that he enjoys. Between 1964 and 1972, Lester spoke to many groups, some of whom recorded his talks.

This special cassette program includes 11 of those talks. The delivery style of the talks is deliberate. By the time these talks were recorded, Lester had learned to speak in a manner that would draw attention not to him, but to his message.

As you listen to his message and begin applying it in your everyday life, you will discover it to have a quality and power well beyond even your highest expectations. The title of this first session is The Ultimate Goal. It was recorded September 28, 1964.

[Speaker 1] (1:24 - 42:35)

The thing that every one of us is looking for in this world is exactly the same thing. And what is it that we're all looking for? Happiness with no sorrow.

A continuous happiness with no taint whatsoever of sorrow. All right, this being the goal, why is this the goal? The reason why this is the goal is because unlimited happiness is our very basic nature.

This is the real natural state before we encumber it with limitations. Now, why is it that most of us don't have this continuous happiness with no sorrow? There's only one reason.

Being this infinite being with infinite happiness, we do away with this joy, this happiness, by saying, first, I am an individual. Then, I have a mind. Then, with this mind, which is nothing but thoughts, we start accumulating thoughts of limitation.

I have a limited mind, body, with all sorts of trouble. In this manner, we take our unlimited beingness and we limit it to the extreme. Now, the only real purpose of being here on this earth is to learn or to remember our original natural state of no limitation.

Once we are led to seeing that this is our natural state, then we proceed to let go of all the limitations. The prime number one limitation is I am an individual separate from the

all. Eliminate that and you eliminate all trouble, all limitation, all sickness, all poverty.

Saying that on the opposite side is saying, let go and let God. It is not I but the Father who worketh through me. We must let go of the ego sense and just allow our natural being just to be and then everything falls perfectly into line.

Now, this is all very, very simple. If you want complexity, you'll never see simplicity. But this must first be accepted.

Once this is accepted as the overall way, we do not find it easy to accomplish it. We don't find it easy because of past habits that have been established over thousands and thousands of years. And for some silly reason we like these past habits of trouble.

And so we continue them. We do it in a manner that we refuse to look at. We call it unconscious behavior.

Unconscious or subconscious. And we go on and on and on, repeating all this behavior of limitation automatically, calling it unconscious. Now, the unconscious mind is only that part of the mind we refuse to look at.

When our desire is strong enough, we will dig up this unconscious habit and begin to let go of it. There is no growing into the natural being that we are. That being is perfect here and now.

There is only letting go of concepts to the contrary that we have troubles, we have limitations. Anyone who says, I have trouble, it's just in their mind. That's the only place where it is because you can't see anything anywhere else but in your mind.

Whatever you look at, whatever you hear, whatever you sense is through your mind. That's where everything is. Change your mind and everything out there changes.

Change your thinkingness and you change the world for you. So the way, the path is simple. The method of undoing it is not easy because of past habits.

We need a very strong desire to begin to let go of these wrong habits from the past. Without the desire, there is no growth. This desire must be stronger than the desire to make this world real rather than, it's a fiction of our imagination.

It really is a fiction when you see the truth. It turns out to be a dream that never was. But first you'll see it as a dream.

Then you'll see that this dream never was. Exactly as happens in a night dream. While we're in a night dream, we have a body, there are other bodies, there's action, interaction, there's good and there's bad.

And so long as we remain in that night dream, everything there is real to us. When we

awaken from the night dream, we say, my gosh, it was just a dream, it never happened. And exactly the same way we awaken from this dream called the waking state, we see that it was only a fiction of our imagination, it was only a dream, and we let go of it lock, stock and barrel.

Then we call ourselves fully realized. Actually, we are fully realized all the time. We are fully realized beings saying that we are not.

So all we do is let go of we are not. What's left over is the fully realized being that we are. Are there any questions on what I've said so far?

Everyone understands this, at least intellectually. All right, if you understand it intellectually and you are not able to use it, it's because you're not looking at yourself honestly truthfully with deep desire to see yourself in the process of which you have set up as the unconscious mind all the things you don't want to look at. However, it's not necessary to dig into this unconscious mind.

In fact, it's much better to try to quiet the mind. When we're able to get the mind totally quiet, what's left over is the infinite self. Every thought is a thing of limitation.

Therefore, when we quiet the mind, this infinite being that we are becomes self-obvious to us. We see it. We recognize that we never were that mind, that body.

And from that moment on, the mind and body has no influence upon us. It just goes its way. It just keeps floating through life in sort of a hazy dream that has no effect upon us.

So the very best method of all methods is to quiet the mind, to seek the being that you are, to pose the question, Who am I? And if other thoughts come in, ask, To whom are these thoughts? And the answer is to me.

Well, who am I? And you're back on the track. Who am I is the final question that everyone answers.

So why not begin with the final question? All methods get to be the same as we move toward the top. We simply quiet the mind, eliminate thoughts, get the mind quieter until the mind gets totally quiet.

What's left over is our glorious infinite self. There are two ways of growing. One is eliminating the negative, going into the mind, seeing the cause of the problem, which originates in a thought sometime in the past or many thoughts.

And when we see this thought, when we bring it up into the consciousness, we naturally let go of it. We see how silly it is to hold it and correct that behavior. However, the better way is to quiet the mind and to see who and what you are.

I am that I am. I am he. All right, now I'll take up a step below where I was talking.

This so-called apparency called the world. The world is only an illusion that we created. Someday you'll discover that you created this entire universe.

The method of creating is by first creating what we call a mind. We create our mind, which is nothing but a composite of all our thoughts. And thoughts create the material world.

Every little thing that happens to each and every one of us is created in our thinking. We set up a thing called time, which makes it even more difficult to see things because we think now and things might happen years later. But the only creator there is, is the mind.

Your mind. Is God a creator? Yes, because you are.

Thou art that. You set up a mind and a mind creates. It is good to discover that everything happening is caused by our thinking.

Everything that happens to us is created in our own thought. It's a stepping stone toward realizing that we are the creators. First you discover that you created your trouble.

Then you discover that you can create good things. Then you discover that you can create anything you desire. After you've discovered that there is nothing that you cannot create, you're still unhappy.

The reason being that you have separated yourself from the One. So then you try to control the mind. You have already gained control over matter.

You control the mind in ways like if you have pain, you don't feel it. If it's cold outside, you feel warm. If it's hot, you feel comfortable.

This can't be done mentally. This is in the line of getting mental control. When the mind is really controlled, then you'll eliminate the mind.

When the mind's eliminated, there's nothing left over but the infinite self that you are. So we start by becoming masters over matter. Then we become masters over mind.

Then we become masters. So if there are any problems that remain, they only remain because you are holding on to them. The moment you let go of them, they are gone.

If you tell me that isn't so for you, that isn't true. The truth is you're still holding on to it, telling me that it doesn't work. Now trying to get rid of a problem is holding on to it.

Anything we try to get rid of, we are holding in mind and therefore sustaining that problem. So the only way to correct a problem is to let go of it. See not the problem.

See only what you want. If you would only from this moment on see what you want, that is all that you would get, what you want. But you hold in mind the things you do not want

very strongly.

You struggle to eliminate the things you don't want, thereby sustaining them. You should have only one desire. A desire for complete liberation, complete realization.

Any other desire will keep you in trouble. We should try to let go of all desires. We should not try to fulfill any desire.

Every time we fulfill a desire, we strengthen that desire rather than weaken it. Which I believe is obvious to all of us. That we never satiate desires.

The more we try to satisfy them, the more we want of them. So it's better to not satisfy desires. And by doing so, the mind gets quieter.

When the mind is quieter, we have a better chance to see the truth. When we see the truth, we scorch the desire. And this is the better way, actually the only really effectual way of getting rid of desire.

When you see the truth, desires are scorched. Because a desire is trying to be your own real self through some indirect means, through some person, through some thing. When you see this, you let go of these silly desires.

Because why struggle through an indirect means to be that which you are? The indirect means cannot make you what you are. So it's fruitless and extremely frustrating.

Therefore, we have this frustrated world. They're all trying to satisfy desires. It's absolutely impossible to do it.

They go on and on, lifetime in, lifetime out. Until we recognize that desires are our enemy. Desire is an admission of lack.

If I am the infinite one, I desire nothing. I am the all. You must get back to that state by behaving as one would in that state.

The greatest behavior that one can perform is living as a fully realized being would live. Try to attain the desirelessness state. Try to attain the state of dispassion.

No attachments, no aversions. Try to attain the state of equanimity. A feeling of equal mindedness toward everything, everyone.

Acting this way will push us toward being that way by eliminating the effects out there. We help to eliminate the cause. All we need to do is to let go of our concepts of limitation.

And what's left over is the natural, infinite, unlimited being. Sometimes this subject is called truth. Sometimes God, metaphysics.

But actually it's a subject that every human being, whether he's aware of it or not, is trying to learn. And that's why I like the word happiness. Instead of God, infinity, truth.

This thing called happiness is the very nature of this unlimited being. And every time we're happy, we're allowing a bit more of this unlimited being to express itself, to come out. Or we're cutting off a certain amount of limitation of that infinite being.

And then we say, I am happy. There is no happiness that isn't a feeling of your real inner self. That's what it is.

Therefore, I call the subject sometimes happiness. That the goal is to attain a continuous happiness with absolutely no sorrow whatsoever. When I define the word truth, I say truth is that which never changes.

This constant state of happiness never changes. And as I said before, I like to make this practical. What is it that never changes?

Beingness just be's, it doesn't change. Existence just exists, it doesn't change. So truth is beingness.

But it's beingness, being, all beingness. It's the very beingness that you are when you use the word I. With nothing added to it, just the word I, that feeling of I.

That's your beingness. That's infinite, that's unlimited. Until you put concepts of limitation over it and hide it.

So the top goal is beingness, being, all beingness. When we recognize that you are me, or that I am you, I am all beings. As you let go of the concepts of limitation, this thing comes about naturally.

Another thing that doesn't change is awareness that is aware of all awareness. That's the ultimate, can't change anymore. Consciousness, conscious of all consciousness.

See this infinite being, which some people call God, we are experiencing all the time, every moment, by just experiencing our beingness. But we limit it to this body and this mind. But that beingness is actually infinite.

That awareness is infinite. And all we need to do is let go of the concepts that limit it. Now the first major wrong step we make is to say, I am an individual, separate from all beingness.

Then we have to create an instrument to be separate with. And that's the mind. The mind reflects back to us as much as this infinite beingness as we want it to.

That reflection is cut more and more the more we take on concepts of limitation. We cannot grow into this infinite being because we are that here and now. But we can let go

of all concepts to the contrary.

Now the reason why some of you have been so happy for a short period of time and then all of a sudden it seems as though the sky fell in is only because you were able to perceive this infinite being that you are. But you weren't able to keep out all the accumulated concepts of limitation from the past that pop up every now and then. Every time a concept of limitation comes up, you're not infinite anymore and you're miserable.

Unhappiness is a restriction upon being totally free, unlimited. So these patterns of thought from the past, their tendencies, predispositions now, they prop up even after we've seen very deeply this inner being that we are. So what we need to do is to keep throwing off these limitations as they prop up until there are no more.

Then what's left is the infinite being that we are. But the thing to do is to keep throwing them out until there are no more. Now some of us have been accumulating these things for tens of thousands of years.

So they die hard. They don't go very easily. However, being unlimited, infinite beings, by sheer power of will, a few people can, just like that, throw them all out.

It happens occasionally. Or maybe a few dozen people each generation do it in the entire world. They are the so-called masters.

They recognize that they are not limited by the body-mind. They consciously exit their body when they die, which allows them to come back in a body or not to come back in a body as they choose. The great leaders, the great spiritual leaders, are those who have chosen to come back in a body.

They didn't have to come out. The rest of us must come back by force of habit. We have a desire for things here, and so we come back here.

Desire is the only thing that keeps us coming back to this state of life, which is the most difficult possible state to any being, is the state we're in now. But as I've said, because of that it affords the greatest of growth. It's the post-graduate course.

We pass this course, we get our wings, our degrees. So even though it's extremely difficult, it's a tremendous advantage to be here, although it doesn't look that way until you understand this. It looks more like a hell than a heaven.

That's because of limitations self-imposed in the past that have now been relegated to the unconscious part of us. We've put it in the back of the mind where we don't see it for the moment, but all those concepts of limitation are there and are effective and keep us confined, pressed down, bottled, and consciously we want to be free, freer than a bird. And so there's a conflict between this conscious desire to be free and the unconscious concepts of limitation, and you feel unhappy.

You don't see it because it's unconscious. There's two ways of licking that. One is make the unconscious conscious, and when you see it, throw it out.

There's an easier, faster, better way by getting quiet, by turning your mind within yourself, asking, Who am I? What am I? What's this world?

What's my relationship to it? If you will stick with those questions, you will see this infinite being that you are. It's not easy because of the habit that's been going on for millenniums.

It takes a tremendous desire for this truth or whatever we're seeking to accomplish it. Most of us get the desire from being beaten so hard by the world we finally get up enough gumption to want this, and then when it begins to make your life happier, then you want it because you know this is it. There's no top limit to happiness, to joy, and when you experience some of this joy gotten from going within, you will always want to reestablish that very happy state, which is the natural state.

No matter how much you'll get away from it, sooner or later you'll be back on a path trying to establish the constancy of this happiness. The basic law in this universe is harmony. God is absolute harmony.

When we are in tune with the universe, our life is completely harmonious. No effort is required to do anything. Everything falls perfectly into line.

When we see God as all, and we know God is harmony, everything is in harmony right now, and to the degree we accept that is the quickness thereof. Another way of putting that, I guess, is to see God in everything, in everyone, everywhere. God is beauty, harmony, rightness, everything good, and accept that, and then allow this God principle to arrange things for you.

We have to get our little selves out of the way. This sense of egoity, I am an individual, separate, and I've got to do things, is what makes all problems. The moment we let go of that sense of egoism, let it be God's world, let God do it.

He knows how. When we do that, everything falls into line. It can be a court trial, it can be anything.

It can be a sick body. The moment we accept that principle, everything harmonizes. Radical reliance upon God will do it.

Let go and let God. I moved unusually fast because either I got the answers or I was finished. But the method I used happened to be the very highest possible method.

Who am I? That was the driving question. Who am I?

What am I? I was so determined, my mind was concentrated. And when your mind is

concentrated, the answers are there.

A concentrated mind is a mind that keeps out extraneous thoughts, holds only the thing you're interested in. And when you do that, the answer comes. Thoughts will come in.

When a thought comes in, say, to whom is this thought? Well, the thought's to me. Well, who am I?

And you're back on a track again. In this manner, you can keep knocking out these thoughts. If you continue that, you'll reach a place where the thoughts don't come in anymore and you're free of thoughts.

Many of us have experienced it for a certain length of time. It's a feeling of complete at-oneness with everything. It's a feeling of no otherness.

It's a feeling of very profound peace. Even though there's activity, you see no action. Everything just is.

The very top state is one of very profound peace. See, first it's an exciting joy. Then it's a very exuberant joy.

You can't contain it. It begins to hurt because it just swells up and wells up all the time. It can get to be annoying, and yet it isn't because it's tremendous amounts of joy coming up.

Then it moves to a higher state of peace. That's why the Bible says the peace that passeth all understanding. It's a very deep, wonderful, profound peace.

It's the most delicious thing there is, but you can't describe it. Peace is the word that comes closest to it. You see, because these states are not ordinarily experienced, there are no words for them.

First it's feelingness. It is feelingness. Then, when it goes on, it turns to beingness.

When you first get interested in this path, everything is thought, thought. It's all mind-thinking. Then thoughts take on a certain feeling.

It's like a thought and a feeling at the same time. It's a thought-feelingness. As you move, you get into the realm of feelingness.

Then the step above that is the realm of beingness. It depends on where you are as to whether it's feelingness or beingness. Actually, everyone, in his every act, is seeking his real self.

[Speaker 2] (42:36 - 42:44)

We will never, ever be satisfied until we reach that state of knowing ourself completely.

[Speaker 1] (42:53 - 1:33:29)

I guess the best way to start is with an overall picture of our direction in such a way that it embraces those who have been here for some time and those who are here for the first time. I think all the questions that the philosophers ask and try to get the answer to that the psychologists ask, that even the field of medicine asks, and the world of religion are really all asking the very same thing, approaching it from different angles. Everyone is seeking the answers.

And if we sift out what is it that we're all seeking, we put different names to it. Some people call it spiritual, some truth, some philosophy, wisdom, understanding. But the basic thing that everyone is seeking is very simple.

It's happiness. But it's the ultimate happiness. It's nothing mystical and nothing far and nothing complex.

Every being is seeking pure and simple happiness in a way that there is no more sorrow. So the word I like best for our so-called path is the ultimate happiness. The ultimate happiness, of course, is the ultimate truth of our beingness, truth of the universe.

And there is only one ultimate truth is the way it turns out to be. So all of us are seeking this continuous happiness with never attaintive sorrow. Most people in the world, of course, are making the error of seeking it where it is not and therefore not attaining it and becoming extremely frustrated because the more they try to get of it where they think it is, the more they discover that it isn't there.

In place of the happiness, they're finding more and more discontent, more and more misery. We never had so much material as we have now and I don't think we've ever been so unhappy, at least in the past 50 years we haven't, as we are today. So in seeking this ultimate happiness there's one most important thing necessary.

And that is to have pointed out to us what this happiness is and how to get it. Now, as I said, it's very simple. Truth, happiness, God is simple.

If it's not simple, it's not godly, it's not truth, it's not happiness. It's an artificial complexity set up by man's ignorance. So again, I say this whole direction we're in is very simple.

Now, the number one thing preventing us from seeing what this ultimate happiness is, is our sense of egoity. So opposed to this ultimate happiness, which is really the goal, and the only thing stopping us from having this constant happiness with no sorrow, is the sense of separation. I am an individual separate from the all.

Once we take on this sense of separation we seem to develop it more and more and we keep pulling away from that ultimate happiness, the ultimate state, which in the

beginning we were all in and more and more we begin to believe that we are a limited mind, a limited body, so limited that we need a thing called oxygen to survive or food and so forth and so on. This ultimate happiness that is the goal is something that never, ever really leaves us. It's right within us all the time.

But we cover it over with concepts of limitation, of being separate, and the more we do it the more concepts we build up until we get to the point where we are today, extremely overloaded with concepts of limitations. Now, this ultimate joy that we're seeking is our natural state. It's a natural state to all mankind.

To get this ultimate happiness, which is our natural state, all we need to do is to let go of the obstructions that we have set in the way of seeing what this happiness is. We have built up endless concepts of limitation over this unlimited being that we are, naturally. So the simplicity of the direction is this.

We are that natural, unlimited being possessing right now that unlimited joy but covering it over with a sense of limitation called the ego. We need to rediscover what I just said. We need to rediscover it.

It's there. It's there all the time. Well, how do we rediscover it?

First, we need someone to tell us that the direction is this way. Someone must point out the direction. Secondly, we must look in that direction and we must discover it for ourselves.

No one can give it to us. We must see it. We must see it through our own mind's eye.

And when we do, we re-recognize that which we always were an unlimited being with unlimited joy. Now, the direction must be inwardly. It is not outwardly.

Everything out there we discover is something that we have dreamed up and then put a tag on it as being real. This world, this universe we have dreamed and through accepting this dream for so long we think it's real. So what we need to do is to turn our attention inwardly to re-examine, rediscover what is the truth of everything.

And as we do that, we begin to see the falsity or the illusion of the world and by getting concentrated in the inward direction we see this infinite being that we are. So the path resolves itself into two things. One, seeing this infinite being that we are and two, seeing the limitations that we have superimposed over it and letting go of them.

So to repeat what I said, to attain this unlimited happiness the direction is pointed out to us. We must take it by going inwardly and rediscovering this wonderful unlimited ever joyful being that we are. The time it takes us to do this is determined by one thing only the intensity of our desire for it.

If we are convinced that our joys lie in the world we will never ever attain this happiness. We will always be with much misery. But when we accept and then begin to prove that the joys are just our natural state are not attached to anything out there then our life begins to become more joyful and we can with more conviction take the right direction.

It seems at first the thing that drives us in this direction is the thing called misery. We go so far in the wrong direction we just can't stand it anymore and because of the misery we are driven to seeking happiness elsewhere than in the world. When we begin to receive the fruits of our search and we begin to feel these joys that we never experienced before then the mere joy of the path is what will give us the intensity of the drive in the right direction.

We also discover that this path cannot be a part-time thing if we really want to make it. We have spent so many centuries so much time going in the wrong direction that it takes a superhuman effort now to redirect us into the right direction. So again the whole thing is simple.

We are that infinite unlimited joy we are seeking. We are that God that we are seeking. We must turn within and discover that.

When we do we know it and we hold on to it. Then we go through the process of continuing the elimination of all the concepts of limitation, all the ego concepts until we are fully established in that high exalted state of beingness. I believe the only reason why I should be here is to help.

That if I can't help there's no reason for my being here. I believe every one of us have been with the path quite some time. I wouldn't like to be in a position where I'm talking about the subject.

Talking about the subject is an obstacle on the path. What should happen here is that each one moves forward and very definitely moves ahead. If that doesn't happen I see no reason for my being here because we can all read almost everything I'll say.

You can read it in books. It's found somewhere. There's nothing new on the subject of truth.

It's eternal. It always was. It always will be the same.

So the thing that's different or I hope is different is that there is something affected here that something will happen to give us more realization than we had before we came here. I believe the general approach to the subject that I have is called Advaita or in English non-duality which can also be translated as oneness and that there's only one singular method of growth that that one method of growth is letting go of our ego. Now, ego is a sense of separation.

I am an individual. Once I become an individual I am separate from the whole or the all. This sense of equality is what starts all our trouble, all our delusion.

So we must get back to the place where we again see that we are the only one with a capital O. In truth there's no such thing as growing into full realization and that is because we are now, we always have been, we always will be that infinite being called God or the self. That's one thing we cannot get away from.

We are that. I am then I am. That's the changeless part of us.

We cover that over with a sense of being a separate individual. So growth consists only of letting go of our ego and I hope that through these meetings we do that more, more so than we have done before. We are that infinite being here and now.

We are blinding ourselves to it by saying I, the infinite being, am a limited ego. I, the infinite being, am separate from the infinity. We must change those concepts, let go of them.

I hope to bring out ways and means of sensing the ego operating in us. Ways and means that we can use to point out to ourselves when we are being ego motivated and each and every time that we are, if we let go of it, we are letting go of a bit of ego. If we keep this going from here until the end, we eventually get to the place where there is no more ego left.

And where the ego is not, there God is. There the infinite self is left in its pure, pristine beingness. So all we do is remove the cover.

If we lose our sense of egoity in the state we are in now, we save ourselves millions of years of growing on the higher planes. To be in a higher astral realm or a causal realm, or the highest of realms, we still need a sense of separation, a sense of egoity. We need a sense of a higher body.

And one of the greatest, most wonderful things about the state we are in now is that it allows us to go all the way back home, right to the very top. Even the gods with the small g, the angels, cannot do what we can do. We can go all the way by completely losing the sense of being an ego.

I try to bring out the very highest of teachings. I like to start from the top. If we ever expect to know the truth, we must start with the truth and reason from there.

We can't get to the truth from the falsity, the lie, the reality of the world as most people see it. If we try to grow from this world up to the truth, it just won't work because we're starting with the lie and trying to reason from there. We must start reasoning with the truth.

Now, the truth is the absolute one, the changeless. That which never changes is true. If it changes, it wasn't true in the first place.

It changed. So we define truth as that which never changes. So if we reason, we should start with the one infinity as being the all and reason from there.

Now, as we go on, I believe the various methods of seeing our ego will come out. And the general method we have used has not been my talking as much as my answering questions. And if I answer a question, I always try to answer by letting the answer come from within.

And if I do that, it will bring out the ego behind the questioner. Or sometimes, we'll put the questioner right into the self. And very often, the answer is put in such a way as to provoke thinking rather than answer the question.

Unfortunately, we all know that questions can't really be answered for us, that each one must answer the question himself or herself. So my method of answering questions very often might seem kind of odd in that it's not direct, it's roundabout, or it's provoking. But the purpose is to make obvious to the one asking the ego motivation or the ego so that he may see it and if he chooses, let go of it.

When I come in and I sit down, I just know, I have the conviction that thou art that. And to the degree that I have this conviction, to that degree, I help you be in that mood, in that state. And when we are in that state, we should recognize it.

We should get to know that that is a very high state. And we shouldn't try to relate that to our ego world. It just doesn't relate to it.

It's a calmness, it's a peace, it's a very delightful state. And there's no sense of doing this, having this, when we are in that state. It's just being this.

But that is the experiencing that we need to establish more and more until that is full and complete and only. And that's what's called full realization. Another point about our teachings is we like to get all the mystery out of it because it is basically so simple.

Thou art that. Stop trying to be not that is the basic teaching. If we can recognize that state for what it is, we will get to the place where that remains and then we automatically do have, talk, and so forth.

And we no more associate ourselves with the doing this, having this, and so forth. But the silent teachings are the most effective of teachings. And this is the teaching that all the gurus give.

This is one reason why they're mostly not in body because when they are in body most of us attribute egoity to them because they have a body to us and they eat, they sleep,

and so forth. When they don't have a body we give them more credit that is due them. And they try to teach us via the silent method and to the degree that we can accept it to that degree we receive it from them.

It's the stilling of the whirlpools of thought. It's quieting thought. When there is no more thought that is called realization.

All thought is motivated by the ego. When there's no more ego there's no more thought. It's the ego that being separate from the all thinks it needs things.

When we are the all there's nothing we need. If there's a desire there's something we don't have. That's the ego.

So it's the ego we need to let go of. The title of this session is The Perfect Body Recorded October 31st, 1965 If we don't have a perfect body and we want a perfect body that means we do not believe or have a conviction that we can make the body perfect. It means we are holding in mind a consciousness of an imperfect body because the body is an exact copy of the mind.

The body is our consciousness projected outwardly. Now is it necessary to have a perfect body? It's not.

It's necessary to have a perfect understanding. Everything else being equal if you can't have a perfect body make your body perfect. However you can go beyond the necessity of a perfect body by getting the spiritual understanding of I am not the body therefore the body does not affect me.

And this is a much higher state. In fact I think this is one of the highest of states. To be able to maintain your spiritual equanimity regardless of what happens to the body because we are not this body.

This body is not infinite. It's an extremely limited vehicle. Very, very delicate.

Change the temperature a hundred degrees it dies. Put many tiny amounts of chemical in it it dies. Cut out oxygen it dies.

So this body is an extremely limited vehicle. And it is much better to not be the body. The spiritual discipline of having an imperfect body and not having it bother you is a very high spiritual discipline.

Many fully realized masters will go through life with a sick body. Setting an example of non-emphasis on the body because the body is our biggest, biggest trap into limitation. I am this body.

Not only is the body the limitation but associated with it are thousands of other limitations. So Bob, for myself I prefer not to correct the body now but to have it touch

me not. Not even in the slightest.

Regardless of what happens to it. A perfect body is not the highest state. A body is a limitation even when it's perfect.

It's a perfect body. It's still a body but perfect. A higher state is not being the body.

You're shaking your head now. Have I answered? See, so again it's a matter of level.

But because we're into a level that is high I've got to stay up there. Be not the body. Be what you really are.

Be infinite. Perfection is not a perfect body. Perfection is absolute perfection.

You have a tendency to bring it down to perfect things. Perfection does not relate to things. No thing is perfect.

Everything is a thing of limitation. So the top state, the absolute is a state of no things. It's just beingness or pure consciousness, pure awareness, the top state.

It's not being a thing, a body. It's just being. So to sum it up, of course we should have perfect bodies.

If we have bodies that pull on our attention all the time it's difficult to meditate. So rid yourself of body demands. Make the body as perfect as you can.

However, it is a higher state when the body does not affect us because of not identifying with the body. But the top state is just beingness, only beingness, or consciousness, only consciousness. It's consciousness conscious of all consciousness.

It's beingness being all beingness. And consciousness and beingness means the same thing at the top. Being anything is being a limitation.

See, happiness is our natural inherent state. We are the all. We artificially create a lack and then a desire to undo that lack which when that desire is fulfilled we feel better.

It's like sticking a pin into you and it hurts and you take it out and say, gee, that feels good. This is exactly what enjoying things and people is. We hurt ourselves, remove the pain and say that feels good, that makes me happy.

Every time you feel happiness you feel only your real self more or less. The happier the more you feel your real self. And you attribute it to things and people out there.

The mechanism of it is that when we create the lack we start up thoughts I need this person, this thing to make me happy. That causes a bit of pain that need, that lack which when we are relieved of that thought we return back to being ourself which is what we call happiness. This is something great to be achieved in life when you see that your

happiness is inherent and that what you have been calling happiness is doing away with it and then restoring it and attributing it to people and things.

So if you want to enjoy a body, that's your privilege. If you want more joy don't enjoy the body, just be joy which you naturally are. That's the natural state.

It's not necessary to need things when you see that you are the all there's nothing lacking. So take your joy directly. Be yourself.

That's being infinite joy. I saw that there's as much life in this body as there is in a piece of wood. It's carbohydrates, the same chemicals as a piece of wood.

That the only life in this body is me. I put the life in the body. I saw that the body is my consciousness and my consciousness puts the life in the body.

When you see that you make the body you can change it. You can mentally change it. Now, the body we have right now is the education body-wise that we have accumulated up to date.

This is my concept of a body. That's your concept of your body. It's deeply subconscious right now.

This is why it's difficult. This picture of the perfect body must be more powerful than the sum total of all the pictures in the past of an imperfect body. Right now you have to get that picture of a perfect body with a thought that's stronger than the sum total of all the thoughts of imperfect body of the past.

When you're able to do that your body will immediately change to this new thought of perfect body which is more powerful than all the past thoughts. Does that make sense? This is the mechanics of it.

All right, now what's a powerful thought? A powerful thought is a concentrated thought. The more concentrated, the more powerful the thought.

A concentrated thought is a thought without other extraneous thoughts present at the time. The very best way to get a most powerful thought is to let go of yourself, your little self. Let go of your feeling, I am Bob, I have this, I have that.

And say, yes, there is only perfection including this body. If you can let go of the world. I say your thinking mind is your biggest obstacle.

Your mind is going on faster than the speed of light all the time whether you're aware of it or not. If you're not conscious of it it's going on subconsciously. You've trained yourself to think, think, think, think, think.

And you've got it spinning with all these thoughts. You've put a lot of importance upon

this thinking in the past. The importance of it is also subconscious.

So it's not easy to let go of the importance of thinking. And these are obstacles to your letting go of thinking. Which if you could let go of thinking and just one easy thought with no other thoughts around I am perfect.

Instantly you'd be perfect. I'm talking about the body. So it'll take a continuous trying until you achieve it.

And some day through an almost effortless thought is the way it feels because your mind is so quiet at the time it'll happen. And you might not even be aware of it when it happens you might become aware of it later on. I'm just reminded of a case I heard of of a man who was in a wheelchair for so many years I forget how many house caught on fire.

He packed two bags and ran out and sat down on them because after he sat down on bags he had realized what he had done. He had forgotten that he couldn't walk. See, when it does happen you're accepting the positive so much that negative thing is forgotten for the time being.

So to sum it up the thing that will affect a perfect body is a very strong conviction I am a perfect body or a concentrated thought I'm just saying it in another way which is a thought undisturbed by other thoughts at the moment that your mind is clear of other thoughts at the moment and the feeling is a feeling of let go you just let go and let the perfection be about the body. Now the best way to see this I believe is through the night dream. This is like a dream just like a night dream while you're in the night dream you are there, there are other characters there's a world there and things are going on and while you're in it it's real, right?

while you're dreaming it it's only when you awaken from the dream that you say it never was that's what happens to this dream when you awaken from it you'll see that it never was that there never was anything but perfection all the time so it's a process of awakening from this dream to see this you're going to have to go through it I couldn't give it to you but if you continue you'll reach a point where you'll see that my gosh it's just a dream and then you'll see that it's a dream that never was that there had always been perfection but again you can't comprehend that until you experience it you might get it momentarily, many people do you get a momentary picture of the whole thing as being a dream that there never was anything but perfection and then the next moment you trick yourself into the delusion again of thinking that it is real you see my... there's really only one thing I want to do in the world is to have everyone know what I know at the same time it's not for me to push this on anyone but if they really want it I really want them to have it so the two get together so I don't see the boldness I see it as doing the right thing when you see the perfection there's nothing to do and I actually... I really feel that I am not a teacher I am never teaching I still can't get used to the concept of

being called a teacher Francis has got me to accept it more now than ever before I can do it more readily, say oh yeah, I'm teaching but in my consciousness I'm not teaching how can I teach a perfected being who is omniscient in this top state you perceive this world as nothing but your very own self with a capital S there is nothing but the self or there's nothing but God God is all, everything you see is God and you are it that's the way you see the world others look at it and say uh-uh, it's just the opposite you look at it, it's perfect, it's God it's me, it's I so there's no contradiction when you're in a top state and you, to the eyes of others float through life the way they do but in your perception it's not the way they see it and the very top state is being in that top state and in the world at the same time oh, someday you'll laugh at all this tremendous effort to be exactly what you are and have always been it's such a joke to go through a tremendous struggle only to be what you are always have been, always will be creating all these devious means of assuming you don't have infinite joy even giving up all joy and then going through a tremendous effort of trying to establish infinite joy again it's a joke in truth there is no such thing as time time is a variable truth is that which never changes perfection is always perfect, it doesn't change anything that changes is imperfect, is unreal time is nothing but a mental concept you have a dream at night and you cover maybe 80 years and while you're in that dream it was an 80 year period how much time was it to you after you awaken that 80 years becomes maybe minutes I'm just trying to bring out how time is nothing but a mental concept in the dream it was 80 years you awake and say, gee, it was just minutes you awaken out of this dream you'll see it was no time it was always there everything that was or will be is here now time is like taking a movie reel and looking at one frame at a time and saying the frame before it is yesterday and the frame after it is tomorrow it's all there you can look at it all now but in time we choose to look at one frame and then say the one on this side is the past and the one on that side is the future if you'd look at the whole reel you could see your entire life from beginning to end but mentally you choose to do it the way you're doing time is only a mental concept but in order to accept this you've got to see it yourself you've got to perceive it you've got to realize it thinking on it deeply you'll get the realization someday wow, it's just a mental concept eternality is now it's an ever-present now there's no past, no future

[Speaker 2] (1:33:29 - 1:33:40)

it's all here now there's only a now-ness in truth the title of this session is The Mind Mirror recorded May 31st, 1966

[Speaker 1] (1:33:44 - 2:00:56)

now why do we who are more with this subject than others why are we in a position where we don't have joy all the time with no sorrow why after having been with this subject and following the great masters why can't we get that thing we are looking for what is wrong well I believe if you look into it you will discover that there's only one thing

wrong only one thing our wantingness growth is not as strong as our wanting this world as our wanting ego approval therefore I try to be as practical as can be by presenting you with methods that you can use everyday to grow by there is no moment in life that cannot be used as an opportunity for growth there is no moment in life that cannot be used as an opportunity for growth now the only growth and I'm underlying this word only the only growth is letting go of ego when the ego is zero God is all if we are not finding enough of God or enough of happiness it's only because we are holding on to our ego desires so I think at each meeting I'll present one particular method that we can use in everyday life to help us let go of our ego I think today I would like to say this as you see the world so are you I'm taking off on as a man believeth in his heart so is he which is correct but I say this is a much more advanced way of looking at it as you see the world so are you now everyday when we get up and open our eyes we start looking at the world we meet people and as we see those people so are we it is impossible to see a fault in anyone else that we don't have in ourselves if the fault is not in us it's impossible to see it out there in anyone else it's almost the same as in order to understand Greek you must know Greek anything we understand out there we know within so every time we see something out there that we do not like a person who is doing something that we don't like and it bothers us it is only because that very same thing is in us now this is a powerful method of growth because most of us unfortunately see things that are wrong in this world when a master looks at the world he sees nothing but perfection we should try to get the same viewpoint if we will hold on to just this one thing there will be a tremendous growth every time you see something wrong in someone look for it in yourself and when you see it let go of it keep letting go and every time you let go of it you're letting go of a bit of ego the whole thing is very simple thou art that here and now remove the covering of the ego let go of the ego and when the ego is completely gone the only thing left is the infinite self where the ego rises not there is the self so in everyday life as we meet people situations every time we see something we don't like we should turn within see it within ourselves let go of it now this will not clear us in one day or one week because there is an awful lot to be cleared we have developed for many lifetimes ego attachments and desires and they don't go in one or two days when we start letting go of the ego it appears sometimes as though the ego is getting stronger and stronger and bigger and bigger that's not true it will never get any bigger than it is right now what happens is that as we let go of it more of it presents itself to us we are looking at it more and it appears sometimes as though the ego is getting bigger actually we're just facing up to more of it that was there all the time looking away from ego does not dissolve it it just remains there until the time comes that we are forced to let go of it so daily right through the entire day if we would just look at the world and realize that we are seeing it through our own eyes through our own consciousness through our own understanding that what we see out there is nothing but ourselves this can affect a rapid positive growth that will show results immediately the first week you'll feel better and as you keep doing this you'll get lighter and lighter and lighter happiness will get more and more and more sorrow will get less and less but the main warning I give you is don't

expect it overnight and if the ego appears to loom up larger it's only because you're facing it whereas before you were looking away from it Nancy just asked well how do you do it well you see someone out there who's trying to be the life of the party, the number one you don't like it I'm taking a very obvious thing if we don't like the other one trying to be the number one it's only because we want to be the number one alright so what do we do you have to go within and look for it and stay with it until you see it if you will go within meditate on it quiet your mind the answer will always come you will see why yes I too want to be the number one and I was resentful because the other one was trying to be the number one and then when you see that you want to be the number one say to yourself this I must let go of with a wish to let go and just by the wish to let go you are letting go of a bit of ego there are no better lessons than those we get from our family you'll find family the best means of growing and the main reason for that is that we choose our parents and we choose parents who have similar characteristics to our own and so there's always a to and fro between parent and child because of this parents are telling their children what to do and the children are fighting right back up and back, up and back all the time most of the time the parent and child are together there's a constant to and fro on the thing we're talking about because we have it in ourselves we see it in our parent or we see it in our child and they see it in us which causes quite a lot of friction now that can be the opposite relationship too we can have an ego lift if our parent has the things that we like parent and child are together on something that they both agree on then there's an elation, a support of the ego going on all the time that's possible also now ego, the same way it goes down on rebuff goes up on praise so we should look for two ways and remember anything that can be lifted by words of praise can be as quickly dropped by the opposite word and the state that we want to attain to is one of equanimity where we are always happy where our happiness does not depend upon things and people outside of ourselves the real happiness with a capital H is our natural state and is independent of people and things anytime it's dependent upon anything outside of ourselves it's an ego pleasure which must necessarily have an ego pain after it and yet all joy that we feel in this world is only the feeling of the self more or less even though we attribute it to someone or something outside that feeling of joy that we feel is nothing but the self and so I say all joy that we feel has its source in the self and all misery that we feel has its source in the ego and there's another way of letting go of ego every time we feel unhappy look for the ego motivation there's something we want and we're frustrated and we're unhappy seek the ego source, you'll see it you'll automatically let go of it and you'll feel happy again another way of saying it is there's nothing out there but our consciousness whatever we see wrong out there the moat is in our eye a master sees nothing but perfection in you, in everyone, and in everything if he says otherwise he's just talking for the benefit of the hearer in order to communicate there is only the truth the absolute, eternal, infinite unlimited joy omniscience, omnipresence all glorious, that's all there is in truth anything other than that is a falsity, the appearance the delusion, the maya so what you ask is well isn't this maya true?

so the only thing I can say is no it isn't see the truth and you'll see that everything is absolutely perfect everyone is trying to return to the full self to let go of their ego some of us make errors in that direction by going further into an ego direction we get more and more apparently in trouble and it's an apparency until the apparency gets so difficult we start looking in the other direction if you want to know light don't look at the darkness if you want to know truth, good don't see evil ego is the sense of separation from the all before we got ourselves into this apparent delusion we were that infinite being that we are now seeking through some quirk in beingness we decided to play a game really a game of limitation we decided to be just a little limited now in order to be that way we had to move away from the all the all is unlimited and so we drew a wide circle around us we were nearly unlimited at that moment and then we wanted to play with the feeling of becoming unlimited again but when we started that direction we fell into a trap in the game of limitation instead of going back to the unlimited we went further and drew a less wide circle around ourselves and became more limited and tried to get out of that we kept doing that and the main divisions of it is first we were what is called a causal body we created a body to be separate in and in the causal body it's the realm of ideation to us now the realm of ideas and in that causal body the moment we had an idea it was completely fulfilled it's almost like hurting yourself and stopping and say gee that feels good you create a little separation and it feels good to go toward the all each time so we first created the causal body and the moment we had an idea a thought, a wish it was immediately fulfilled then we tried playing more limited through an astral body which to those of us who are now in the physical is a heavenly life in the astral body whatever you think is immediately affected we're not limited by time then we moved from the astral into the physical which is the slowest the most dense realm possible to any being in the universe this is the lowest state possible the physical there's only one possibility of going lower and that's lower in the physical but the physical state is the lowest state this is the deadest state that's possible unto us when you know this you'll never fear death because death feels like a wonderful freeing it's a tremendous experience after you do it, not before because before we think we are nothing but this body when this body goes, we go and even the pain in death is not nearly as much as the pain you suffer through life you have migraine, headache and diseases and mental agonies with families and heartbreaks and love that's more severe than dying at death because dying at death generally is just a pain for a moment and then this tremendous feeling of freedom so we came down to this most limited and densest state called the physical and now all of us are on the way back and there's no question about that we're in a period of the world that is relatively low in vibration very difficult, very physical and those of us who are on the path are definitely on the way out because if we can get the right direction in this morass of livingness as it is today it's because we started on this a long time ago and we're continuing it in spite of the world so to speak and we can go from the physical we can graduate, get our wings and fly off into the astral and you can spend far more millenniums in the astral than you do here because it's an easier way of life and then we can graduate into the causal but if you understand what the ego is you

can go all the way from the lowest realm that we are in now back to the highest by eliminating the ego sense when we lose all of our ego sense we are fully realized we go all the way we return to being the all the opportunity to do this exists more in this realm than any other realm because it is so difficult that the incentive is greatest in this realm as life gets easier the incentive to grow gets less but when you think you are not going to eat and the whole world is going to collapse on you and so forth and you have a sick body and all these troubles you have a tremendous incentive to get out of that and the incentive being so much stronger in this realm it's possible to transcend all the realms and go right back to the one of the all so this sense of egoity is very basic and very important it's the start of all trouble and letting go of it is the elimination of all trouble it's the sense of not being the all not being that God which we are and if you're not the all there's something missing and you're trying to get it first a hundred dollars then a thousand then a million then a billion then the earth then the moon then the solar system then the galaxy until you wake up to the fact that everything you're trying to get you are and once you see that there's nothing to be gotten anymore you are it it's really a joke when you see the overall picture of how people struggle to get tiny bits of what they are so every time you see something wrong in the world look upon it as a mirror and that's all it is it's reflecting to you your consciousness and if you accept this you can use it to undo your ego there's nothing out there but our consciousness if you ever want to know what your consciousness is just take a check on what is around you and what you see and what you go through every day in life that's your consciousness this is the danger in reading newspapers listening to the radio the world in general has a very negative consciousness if you go with it it helps you in that direction now if someone tells you that that's escape that's not anytime you acknowledge anything in the world you're supporting it if you acknowledge war and death and misery you're supporting it that's the mental thoughts you're sending out you see we all send out thoughts every time we have a thought we think it's a secret little thing within ourselves it goes out to the universe so the masters support the world they counterbalance all the apparent negativity by just sitting in a cave and sending out the good whole thoughts constructive thoughts thoughts of oneness so the only way we can give real help to the entire world is by helping ourselves the more positive our consciousness is the more we send that out to everyone

[Speaker 2] (2:00:56 - 2:01:06)

the title of this session is Your Path to Happiness recorded June 7th, 1966

[Speaker 1] (2:01:09 - 2:23:57)

there are two laws that will cover all behavior and I say if you'll use these two laws it'll lead you into full realization the first is an attitude of harmlessness toward all beings and the second is the law of mutuality that any behavior if agreed to by both is correct if one doesn't agree the other should not try to make the one do it for instance I want to go to

the movies I say come on let's go to the movies and you say no and I say well why not come on you should go and so forth and so on that's wrong on my part if you don't want to go I shouldn't want you to go it's only mutual if we both agree on it there is no act that cannot be used for helping one grow on a path and it must be a full time thing if we want to get realization it can't be a weekend or a one hour in the evening one hour in the morning thing it must be all the time relatively speaking there's little growth until the subject is every minute every day the happier we are the more we are dwelling in God in the self we falsely attribute the happiness to the person out there or the thing out there but what actually happens is is when the person or thing out there satisfies our desire we stop thinking and when we stop thinking we feel good when we stop thinking we are being our own self someday we all discover that the only joy there is is the joy of our beingness of our self which we before attributed to people and things all right, knowing that when we know that point that the only joy is our very own self it follows that the opposite misery is just ego and more specifically ego frustration we have desires we want things we can't get them we feel unhappy so all misery has its source in the ego all happiness has its source in the self now this can be used 24 hours a day for growth as I said before the only growth there is being that we are now we always have been we always will be this infinite self it is changeless perfect so the only growth is we cannot grow into this self because we are that but we do grow out of the ego the only growth there is is letting go of the ego so to use this concept of happiness versus misery every time we are unhappy if we just assume that well, this is has its source in the ego we may then look for the source of the misery and when we discover it we automatically let it go the only reason why we don't let go of misery or can't is because we don't see the cause of it when anyone sees the cause of the misery he lets it go naturally so if we hold on to that concept that all misery has its source in the ego we can use this as a method of growth by looking at every time we are unhappy looking at it but with the desire to let it go right, now looking at it is not so easy because we must learn how to look at it when we are unhappy we should look within for a frustrated desire this is the source of all misery we had a desire and it's selfish we wanted something we couldn't get it therefore we're unhappy so every time we are unhappy we should sit with it look at it see its source in the ego and when you see the source of it when you see that desire of being frustrated you automatically let go of it and by doing so you're letting go of a bit of ego continue this and you'll get full realization you'll eliminate the ego this can be used everyday if you try it you'll discover that it affords very rapid growth when you're miserable get quiet look within look for the desire behind it when you see it you'll automatically let go there's another side to desire called aversion things we dislike we have aversions to but an aversion is a desire not to have so even an aversion is a desire it's a desire not to have so to sum up what I've just said a very rapid means of growth one that could give us full realization is simply looking at our joys and sorrows looking at the sorrows we look for the ego's source of it the desire and its frustration and when we see it we automatically let go of it by so doing we let go of a bit of ego we keep it up and eventually there's no more ego now it's also good to approach it on the other side on the

happiness side if you'll study your happiness you'll see that the more you are with the self with a capital S or the more you are with God the happier you are when we see that our happiness is nothing but being that which we are we will automatically try to just be what we are more so so we may also look to the happiness discover what that is and find that it's simply our very own beingness and that will encourage us to just be what we are really more and more so these two big things in life joy and sorrow can be used everyday for growth now we since we all know it if we don't use it I say it's only because our desire for the world our desire for misery is greater than our desire for this infinite joy and that we hold on to that desire merely by habit and I also want to repeat something else that I said that this path has to be a full time occupation it cannot be part time we must be with it 24 hours a day if we expect realization it matters not how busy we are in life if we have the right attitude if we have that seeking attitude all the time we will be doing those things that will be leading us out of this confinement out of the trap that we've gotten ourselves into it must be 24 hours a day now when I say 24 hours a day that includes sleep we carry into our sleep the stream of consciousness of the day time what the stream of consciousness is when we fall asleep it so remains during the night if we're intensely on the path during the day time we actually grow during the night our dreams will change instead of having horrible dreams they'll become good dreams we'll even meet higher saints and sages in our sleep state in our dream state we will get lessons from them in that state sometimes more easily than in the waking state but growth does go on during sleep if we make enough effort in the waking state to make it all the time so growth can be 24 hours a day and should be and if we want realization it must be we can only help ourselves if we want to take it from the top and helping the other one you're only helping yourself there only is yourself in the end you'll see and looking at the separation each one is fully responsible for what happens to him or to her I can't help you one iota it's only an apparency that I'm helping you if you get any help you do it you listen to what he says and you'll say oh I like that and I'm going to use that but you do it, no one can help you and if no one can help you no one can hurt you that's also nice to know alright I'll give it to you from the top before ye ask, believe that ye have already received the way the bible puts it when we pray if we know that our prayers are already answered so it is what we want would be ours instantaneously if you've got that much faith in God your prayer will be answered immediately if we haven't got that much faith then we must do our best pray how you best know how to pray now the one prayer that we should have above all other prayers is to pray for wisdom the mind is only creative if it creates what we hold in mind and it doesn't recognize the word not or no if I don't want to think of a monkey I'm only thinking of a monkey if I do not want to be sick if I do not want an accident I am thinking of accident intending to create it so instead of thinking of no accident we must think of safety instead of thinking of sickness we must think of health this is the greatest weakness in so called demonstration people think in negatives they don't want this and they don't want that and that's what they create so we must think only what we want never what we do not want and if we would think only what we want that is all we would ever get it's as simple as all that not easy but simple if we

would think only what we want that is all and everything that we would get karma is the automatic behavior karma is past habits karma is our unconscious mind etc. etc.

being infinite beings we can transcend karma it's impossible to work out karma because as you are working out one act you are creating a similar act for the future by it's very definition it's impossible to work out karma every act now creates an act in the future so while we are trying to work out all the past action we are creating action for the future so it's impossible to work out karma karma works for the ego karma is a is a law for the ego once we know who and what we are karma does not operate karma does not exist someday we get to the point where we see this and we just step out and above karma and it is no more see these things are so simple if you look at it from the top I use the word from the top anytime we reason we should always start reasoning with truth with a true statement then everything is simple as statements of truth we may take god as all god is perfect start reasoning from there and see where your troubles are they'll disappear they have to but when we start with the truth everything is simple if it's complex it's wrong if it's complex it's steeped in the realm of ego the greater the ego the greater the complexity god is simple the ego is complex karma is created in our thought the action is just an aftermath of thought it's impossible for you to commit any act without a thought of it prior to it right the act the karma is created in the thought it's the thoughts we take with us it's not the acts the act is gone through and it's finished but the thought remains in the era that we're in it's called the Kali Yuga it's a low period majority of people are in the tamasic or in the state of lethargy it looks like a very peaceful docile state when one is in there, it's a state of apathy the rajas, the energetic state is much higher when we start to move into that energetic state we begin to express the subconscious desires and wishes and so they come out and we seem to be getting worse whereas before we were thinking it unconsciously now we want to carry it out we want to hit somebody we're angry, we start fighting and it looks as though we're going in a wrong direction but it is a higher state Arjuna did not want to fight he was told he had to fight if you can't fight you must fight if you can fight you don't have to fight that's the way it comes out if you can fight you're already moving above the state of rajas the energetic state and you're moving into the sattvic the spiritually peaceful state when you're moving toward that spiritually peaceful state you're able to fight but you don't want to and so you don't so when you move up out of the lethargy state it looks as though your character sometimes is becoming worse it isn't, you're just expressing more and it's showing what before was unconscious anger an anger mood is a higher mood than the mood of apathy the highest mood is that of peace, bliss and it's all degrees between those three states a fully realized master a Jesus or any master to whom you look to it's possible to keep his company all the time you can learn that positively by testing it out these masters are omnipresent they are right where we are all the time they are readily contacted they're not difficult to contact because they are pushing toward us much more than we are pushing toward them but we must open ourselves to it, we must make the contact so the very best of holy company would be a fully realized

being next best would be a saint and so forth on down, coming down to everyday life it would be people who are on the path with us people who think the way we think but the very best is the highest the highest can be contacted not with people but when you're by yourself therefore the more you can be by yourself

[Speaker 2] (2:23:59 - 2:24:07)

the better the title of this session is creating all you desire recorded June 14th 1966

[Speaker 1] (2:24:09 - 2:54:19)

the subject of course is truth God and I preferably like to call it happiness because in the end we discover that the God we're seeking is the ultimate happiness with no sorrow whatsoever this makes God far more intimate more knowable than just using the word God or some of the other words that have been used the word self with a capital S is a much closer a more meaningful word to all of us than the word God is God to each one of us is the concept that we have and more often than not God in people's minds is the greatest person we could think of within our own concept, just the greatest of everything and God is not exactly that God we call the self because the inner self of each one of us is that God that we are seeking the God we are seeking gives us the ultimate happiness because it is without limitation each and every one of us here and now is that unlimited being with no limits whatsoever acting as though we are limited and fully convinced most of us that we are limited and since God or the self or the very being that we are is changeless and eternal we can only be that and nothing else we are right now that infinite being called God pretending that we are not setting up an apparency called the world an apparency called diversification, otherness and we have lost sight of the fact that we have set up this falsity called the world and we began to really believe that this real false projection we have set up is real but we can never ever let go of being that which we really are, the infinite self.

Now all trouble stems from not knowing from not accepting the infinite being that we are so the purpose of my being here is to help you let go of the false concepts that we are limited beings and the way I do that is to keep it as simple as possible by trying to show you that the only thing that covers up this infinite being that we are is the sense of egoity the sense of ego that I am an individual separate from the all and the moment we start that separation we start all trouble so the reality is nothing but the infinite self that we are all trouble is saying I am an individual separate from that one infinite all being therefore the only practical methods there are are those which help us let go of the false concept of being an ego of being separate.

There isn't a moment during the day that we are not practicing being an ego unless of course we have the wisdom that we are not and so the methods I propose are those that can and should be used all day every day. We have so confounded ourselves so thoroughly by now that in order to undo this false belief that we are limited we need a

full time givingness to this subject in order to realize what we really are. In order to let go of all the false ideas we have conceived of basically that we are a limited body with a limited mind now the first day the key that I sort of threw out was as one sees the world so is he.

As you see the world out there so are you at first this might be quite shocking the ego part of us rebels against it but this can be used every day all day for checking ourselves to see what our consciousness is. It is impossible to see something out there that is not in our mind. There is nothing out there but our own consciousness.

A master, a perfected being sees only perfection so if we would take this key and check ourselves during the day on all the especially negative thoughts and start looking within to discover the source of this we will see that these thoughts are right in us. They are our thoughts that the horribleness that we thought was out there is right in here because we are in a state of the world that is relatively a low state most of us are far more with negative thinking because we accept negativity and therefore we can undo that negativity by facing it by first learning how to discover this negativity by saying that if we see it out there it is right within us otherwise we couldn't see it and then using it to let go of it now using it to let go of it is the most important thing. So we look out there and anything and everything we see that is not just right we turn inwardly and we look for this very thing within ourselves and if we look honestly we'll discover that that thought was right within us that that concept is our concept that it doesn't apply to the other and it applies right to us and then when we see it we automatically let go of it because we are seeking truth we are seeking happiness and it's ridiculous to hold on to the things that keep us miserable so the first one was as you see the world so are you since happiness and sorrow is probably the thing that we are most concerned with every day happiness and sorrow can be used as a means of growth I want to interject here that any one of these practical methods if used constantly will give anyone full realization because there leads onto the very thing that's causing all the trouble and if we undo that realization results any one of these methods if used constantly will lead to full realization on happiness and sorrow all happiness is nothing but being the very infinite self that we are all happiness has its source in the self anytime we are happy we are merely feeling this infinite self that we are a bit more and the more we feel it the happier we are we falsely attribute the happiness to the thing or the person out there but when we turn within we discover that this happiness has its source right in our very own beingness and is not dependent upon people or things that we have set up a false concept that it is dependent upon people and things so the source of all happiness of all joy is the self but you must turn within you must see this yourself anything I say if you believe it, it helps you more than none but if you will prove it out for yourself then you will know it and it will be most useful all knowledge must be proven out no teacher can give you knowledge you have to dig it out yourself, you have to see it you have to make it your knowledge a teacher can only point the way and each one of us must take it by himself or herself so

for those who are here for the first time I think I ought to make a point of that, never accept anything I say because I say it only accept that which you can prove out for yourself only then is it meaningful and useful to you, so you must turn within until you can see that the source of all joy is your very own self this is a tremendous thing when you see it and all things lose their hold upon you all people that you thought you couldn't live without you need no more you become whole and complete unto yourself when you discover that all your joy has its source in your very own self now on the opposite side all misery, all sorrow has its source in the ego all misery is nothing but ego frustration all misery is nothing but the ego saying that my joy lies upon him or her or having that thing and if I don't get it I'm miserable now if we will use that every time we are unhappy any time we are dissatisfied if we will seek the source of this unhappiness we will discover it's based on a concept of egoity that I am an ego and I want this and I must have that and so forth and so on and we are not getting it and therefore we are miserable then when we do get it we feel happy only because we have let go of the limitation of needing something and we fall back into the very self that we are and we call that happiness so to repeat all happiness has its source in the self all misery has its source in the ego and by tracing either the joy or the sorrow back to the source we gain a bit of wisdom a bit of truth and move toward realization and now I feel as though I've brought the new ones of us up to where we were last week when you see the truth it's very easy to come out with methods because you see everyone spending every moment of his time seeking truth and there's only two kinds of people in the world those who are consciously seeking it and those who are unconsciously seeking it we here are consciously seeking it I think I'll go into the realm of mind and try to give you a key that is a very powerful and a very tremendous thing and I'll put it this way think what you want and that is all that you will get think what you want and that is only what you will get when we go into this instrument called the mind we discover that the mind is only creative the mind is only creative the mind creates what we hold in mind when we create things that we don't like we call it destructive when we create things we do like we call it constructive but the process is just the same thing mind is only creative too many of us hold in mind the things we don't want I don't want this, I don't want that and I'm afraid I'll have an accident and I might not have enough money to buy this and I don't want this to happen the mind doesn't understand the word not, N-O-T the mind works on picture thinking when I say the word table everyone gets a picture of a table they don't get a picture of the word T-A-B-L-E if I say shoe, you get a picture of a shoe if I say not shoe you're thinking not the picture of a shoe and you will create a shoe this is the basic error that most people make when they try to demonstrate try to create something so hold in mind many things they do not want and incidentally this is the sad thing about fear that which we fear we bring on only because we hold it in mind and create it so if we want a happy life if we have anything that's bothering us and we don't like it all we need to do is to let go of the thoughts of that thing and it is gone this goes to the extreme of the body it's impossible to have a sick body without unconsciously holding the thought of sickness the way to correct a sick body is not to think on the

sickness but to hold only the thought of health and the moment we do that the moment we have only the thought of health there is no more sickness it will drop away instantly so the key is to think only what you want and you'll change your life in that direction that you are thinking I guess I ought to add we shouldn't qualify it we should not limit what we want we should never say through whom by what means through what method we would like to get that which we want once we do that we are interjecting the ego we are trying to direct the way this thing that we want is to come to us we should let go and let God, let go, let the infinite find the way of getting to us that which we want we should think only what we want not through whom or by what means and also we must think in present time anytime we expect to get something in the future we are creating it in the future and that's where it remains, in the future we cannot get things that we expect to get in the future because the mind being creative will create it in the future and the future is always ahead of us, it's never here so that when we want to create something we must accept it as having been already received, as the bible says, before ye ask believe that ye have already received it anything we want we must get the feeling that it is ours now not tomorrow, not in the future it is ours now and then we just let go and we expect to pick it up any demonstrating done with concept of the future and it will always keep it in the future to be more specific if it is a thing, we should visualize it, see it feel it, taste it, smell it as though it is and is ours now period, finished dropped many schools suggest that you repeat again and again and again, well repetition is necessary if you don't accept it the first time but the very best way to demonstrate is to know that it is here and now and let go then it comes very quickly, but we must have the concept of the present, it is ours now so we should always think only what we want never think that which we do not want, this is so simple, if you will do this your life will be exactly the way you said it think what you want, use that as a slogan as a way in life and you will become master over your life, you will have exactly what you are thinking a master sees only perfection, hear no evil see no evil, think no evil and they'll be no evil now mark that let go of trying to be otherwise you can take credit for all the negativity you're creating and that's very helpful too, when we create something that's negative in our life, we don't like it we should look at it look for the thoughts in our mind that cause this thing to happen and then if you develop this as a way, as a habit, it will come very quickly, you'll say now what did I do to cause this and immediately the thought will come up and you'll say oh you'll smile and you'll let go of it but that too is teaching one that we are nothing but creators and when you discover that you're able to create sickness accidents, poverty it'll give you confidence that you can create if we're having difficulties in life we can use those difficulties just this way by discovering that the source of everything is a thought or thoughts in our mind at some time previous and when we see that we know that we have created this negative thing and then it will occur to us, well if I can create something negative, all I have to do is reverse it and I can create something positive but everyone is creating every moment of his life because he's thinking all the time if things do not occur it's because one time we can think yes and the next time no and balance it out but the yeses are stronger than the noes it'll come into being everyone is creating

every moment that he's thinking you cannot help but be a creator so long as one thinks he creates unfortunately we are convinced that we can only create very slowly, if we were convinced that we could create instantly things would happen immediately but take credit for all the negativity that we create it shows us that we are the creator then we can consciously make a decision to stop creating that which we do not want and to start creating that which we do want this will conflict with the concept that God is a creator in the ultimate truth God is not a creator, only man is in an absolute perfection there is nothing to be created nothing to be destroyed everything is absolutely perfect, so in the ultimate there is no creation where the top God is there can be no creation and no dissolution, the only creator is man when he doesn't know that he is God

[Speaker 2] (2:54:22 - 2:54:29)

the title of this session is The Effortless Miracle recorded July 12th 1966

[Speaker 1] (2:54:30 - 3:21:21)

to sum up the whole thing it's very simple it's the old dictum thou art that and the way to know that is to be still being still is simply stilling of the mind until there are no more thoughts so this infinite being that we are we discover by just quieting our mind and when we do that the infinite self shines on its own and where no thought rises there we find God our infinite self alright, well how do we get to this state most of us have been on a path for some time and we have not attained full realization why? why aren't we fully realized beings knowing that within us is the infinite power knowing that we want it why aren't we fully realized again the answer is simple, in reality we are fully realized here and now we are all in a state of nirvana, samadhi ecstasy or whatever word we use for it, looking away from that state looking away via the mind into thoughts and concepts that we are not in that state so our attention is pointed away from our natural state of full realization we are fully realized here and now we are simply looking away from it, what I have been trying to do is to turn our attention, our eye back toward that state by giving you methods that can be used, every day all day, no matter what you are doing, these methods could be used and they simply point us back in the direction wherein we can see who and what we are I believe the first one was the first method as you see the world so are you by looking at all these things that we don't like or do like about the world if we will turn our attention inward we will discover that it's nothing but our own consciousness, that what we see out there is within us and we can use this to free ourselves from the things out there I believe the second one was every bit of joy that we feel is nothing but our very own self, the infinite self which we allow to express more or less when we allow it to express more we are happier when we squelch it we are less happy, but every bit of happiness can only be the feeling of our very own beingness of the self that we are, that if we trace all happiness to its source we discover just that, and by discovering that we confirm this fact for ourselves that all joy is nothing but our very own self on the opposite side all misery all unhappiness has its source in the ego sense,

the ego being the sense of separation from the all I am an individual separate from the all the moment we do that we don't have the all we have want to get some of that all we have frustrations and we call that unhappiness, so if we will trace the source of all misery we will discover that it has its source in ego ego desires frustrated another meeting we had was on think what you want think only what you want and that is all that you will get, the mind is only a creator, whatever we hold in mind we create if we look into this we discover this to be so and when we see it for ourselves then we become masters and all we do is just hold in mind the things we want and that is all we get we begin to let go of holding negative thoughts in our mind we begin to let go of receiving negative things the mind is only creative it creates whatever we hold in mind when we don't like it we call it negative when we like it we call it positive so if we would practice thinking only what we want that is all that we would ever get I think the one I'd suggest for tonight is related to freedom liberation, moksha the very top state of being this is called liberation what is it we want liberation from, the thing we want liberation from is essentially what the world calls today the unconscious mind that the Vedas call Vashana's tendency habit so this freedom that we are seeking is simply freedom from our own thought habits now this method can be used very easily by anyone it's really a simple method to use we start by letting go or changing a very simple habit for instance if we always go to work on a certain street tomorrow we start going to work on another street or if we want to take a deeper habit we can choose a food that we have been eating that we know we would be better off not eating and we mentally say well this I let go of as of today and we stop eating that food, breaking that habit is breaking a bondage, breaking that habit is breaking an unconscious thing that's going on, an unconscious enslavement to prior thoughts, any habit whatsoever enslaves us a master is free he determines anything on the moment in accordance with the circumstances that he meets at that moment, whereas most of us we determine things by our feelings and things that have happened in the past by our habits so by beginning to break habits we begin to break bondages that are unconscious, I think this is a method that's excellent and can be used everyday to free us and eventually it would carry us all the way to complete realization we would become totally free, there would be no more unconscious mind there would be no more past tendency we would be in control, as I said this is a relatively easy method because you can start with any habit you choose, you can start with an easy habit as you practice it, it becomes more easy to do then you can go after deeper habits, and deeper habits again I say it's a very simple and practical method that can take us very very far, now a master's body is a body of pure energy and we look at it and it looks exactly like our body, but in composition it isn't, and if a scientist were able to look at it he would see a far more purified state of energy where the total cells of the body are all in harmony everything is functioning together very harmoniously as our bodies are now, there's a tremendous amount of disharmony, which is evidenced by sickness pain, discomfort heaviness when we have a body of light a body of purity we feel no weight in the body if we want to move it, it moves instantly without effort if you lifted your hand up, there'd be no energy it would feel as though it just floats

up on its own so there is a physical change that goes on in the body, it goes from gross matter into pure energy now every master has a body of light, so as not to startle us, so as not to put themselves too far away from us they don't show us what they can do but they can instantly be anywhere they want to with that body or they can instantly make as many bodies just like that one as they choose but again I say they don't do it because it puts them too far above us and we tend to say, oh that's alright for you master you're a master, you're God but what about us poor mortals and a master looks at us and sees that we are masters just like he is just acting as though we are not, and so as not to put a gap between us a master doesn't show what he can do with that body, but because that body is a body of pure energy, because it's in a state of harmony he can do anything with that body without effort on the other extreme the more we go away from that state of harmony the more effort the more difficulty we have in moving the body the extreme of which is sickness and so forth and so on speaking of sickness, could you illustrate to us how if I felt sick for example I would think of my body?

yes if we feel sick we can only feel that way if we have the thought, I am sick nothing but nothing manifests in this world without a thought prior to it it is impossible to hold on to a sickness without holding on to the thought of that sickness and the moment you let go of the thought of that sickness, no matter how severe it is, that sickness is gone, and I'm sure most of us have gone through situations where we were really aching and sick and something came about that took our interest intensely we forgot about the sickness for a moment and felt fine anytime anything comes in that's of much more interest than the sickness we forget it and the sickness is gone I believe most of us have had experiences of that sort the easiest thing in the universe to do is a miracle and the reason for that is it is effortless it's only when we get to the point where we can be without effort that miracles happen to us and because it's effortless it's the easiest thing to do and the only reason why we don't do them now is the strong conviction that we cannot so what we need to do is to let go of all these concepts of limitation peel off the covers over this infinite self that we are even natives in the south sea isles perform these miracles it doesn't take a master it doesn't take a god like person to do a miracle we know that these natives run over red hot cold with their bare feet and are not burnt there are natives that use telepathy to talk from island to island there is magic used in a negative way they call black magic voodoo where people are able to kill people mentally but I should say that no one can do anything to us mentally unless we accept that they can do it to us if you can convince me that with a thought you can hurt me and I accept that then you can if I don't accept that there is nothing you can do to me mentally now the reason why natives who have no understanding of truth can use miracles is that each one of us has our base in god each one of us is the infinite limitless being that we are and therefore anyone can tap that sword but as we grow towards mastership we become more and more conscious of this and then we can use this with far more ease and to a much better direction but I want to get back to the basic point of the evening to get this realization we must peel off the thousands and thousands of layers of negative thoughts

that we are not a master all these concepts of limitation are now with us in what we call our subconscious mind the subconscious mind is nothing but all the thoughts we have that we are not looking at right now through necessity or convenience we have set up that mechanism of taking all the thoughts we are not interested in at the moment and pushing them to the background which we call the subconscious mind but unfortunately the subconscious mind is active whether we look at it or not and is effective and is holding us down even though we know we want to be totally free we are not able to move into it immediately because of the accumulation of all these thoughts that we have pushed into the background and called the unconscious mind now the way to undo this as I said is start with one habit begin breaking that habit tomorrow when you succeed with that one habit, take another habit, you'll discover that there are hundreds and hundreds and hundreds of habits that we are enslaved to and that each time we let go of one habit we are a bit freer we are one step closer to full freedom I like this method of habit breaking because there's nothing mysterious about it it's simple and it's easy because ego wise we don't like to attack our ego we don't like to let go of the ego but we can always take a habit that isn't a small habit and begin changing it and the moment we do that we are doing away with a bit of ego and therefore the drive in us for the self becomes a bit stronger and as we go along with this method we gain momentum we gain strength and then we move into what is called Tapas discipline where we can start not eating when we're hungry and then eating when we are not hungry, not going to sleep when we're tired and going to sleep when we're wide awake, this is a deeper layer of habit that we can attack to use this method and to suffer under it is wrong if I am a habitual smoker and I say well I'm not going to smoke and it just bothers me no end I would be better off smoking than going through a constant trouble and struggle and negativity of thought of wanting it and not having it it would put me down rather than up but when I start with these small habits of taking a different street of doing something small, doing away with a small habit then I find out that I am capable of breaking a habit and each time I break one habit it's easier to break the next and then someday I can attack the smoking habit I think the one we're on today is the easiest one so far and it's one that everyone can use everyday and if we start today we are starting with definite steps on the road to freedom by turning inward we begin to discover this great being that we are and then when we discover that and we look outward we see no difference there is no difference between in and out when we discover the truth there's no difference between the spiritual and the material when we discover the absolute truth it's all one and the same there's a total elimination of all differences the top state is a state of non-difference no differentiation but again I repeat the prime thing we could do is daily do something toward becoming freer toward letting go of a bit of ego where the ego rises not there is the infinite self anytime you're in a state where the ego rises not what there is the infinite limitless omniscient omnipotent omnipresent being that you are but daily we must begin to let go of this ego daily we should let go of habits daily we must become freer and freer until we get to the point where we see these things that we are this infinite being and then in one lump sum we drop the whole thing at first it's a

chipping away doing away with bit by bit until we get a clear enough sight of who and what we are so that we use our will to drop the whole thing of limitation and from that point on we are eternally free

[Speaker 2] (3:21:21 - 3:21:29)

the title of this session is silence love and grace recorded July 26 1966

[Speaker 1] (3:21:31 - 3:49:25)

I believe that most of us in this room although every one of us has been with metaphysics has not heard much about the so called silent teachings and yet they are the most powerful the most effective and the very best of all teachings they are the teachings that go on all the time in spite of our not accepting them but going on just the same they are the teachings that are being projected by all the greatest of masters every great master that in our concept has been in truth still is and is sending out the teachings all the time in silence it's not easy to explain the method but something like this a master has the infinite power available to him and he uses it a master is able to contact every one of us four billion people on this planet at the same moment if a master wanted to he could even appear in a physical body to four billion people individually with four billion bodies and talk to each one and satisfy the need of that one a master is one is one who has no limits if he can create one body he can create four billion but he doesn't do it because first he's not being asked second if he did it he would frighten more people than he would help but with all his infinite power he is projecting the absolute truth to each and every one of us he's projecting his conviction that we are just like he is an unlimited being and the only way to experience that limitlessness is in silence if there's any sound if there's any vision if there's anything other than the single one we are not experiencing the absolute so the master projects with his power to each and every one the truth of what we are he is at every moment sending that to us there is no time when he is not doing that the difficulty lies on our side we have ourselves closed off to it we prefer to believe that we are limited bodies with limited minds and this is the God-given right that we have we have the freedom and the right being basically the gods that we are to choose to be limited and we have done it for so long a time that we have convinced ourselves that we are so that the noise that goes on within us of limitation drowns out the highest of these silent teachings that are being sent to us all the time so the way to receive this greatest of all teachings is to get quiet when we get quiet when we get quiet we begin to feel this highest of teachings we begin to feel what we call higher more peaceful happier we get a feeling of well-being all our problems disappear and most of us don't recognize that we are being supported by the great ones every time we move in that direction once we experience an assist from a master we should be convinced of what happened very often we get an assist and we think it's accidental or just something that happened the more we recognize the source of it the more we will receive of the same thing there isn't any great master that doesn't do this

and the more we open ourselves to them, the more they come in the more they establish us in the knowledge of what we are so to sum it up, the greatest of all teachings is the silent teachings and the way to them is to get quiet and receive it and recognize that you are receiving it one of the practical methods of getting oneself to this place is the method of silence of practicing quietude of not talking especially on your days off spend an entire day without talking or writing spend an entire week if possible but we should try to keep as quiet as we possibly can the only conversation we should engage in is only that which is necessary to maintain the body and also anything pertaining to the path if we are not talking about the path or about sustaining the body we are expressing our ego and each time we express the ego, we make it stronger, keeping quiet does not strengthen the ego and is therefore an excellent method of growth that will eventually lead any one of us to get to the place where we are able to receive the very highest of the teachings, the silent teachings human love versus divine love human love is what we think love is, divine love is a constant persistent acceptance of every being in the universe fully wholly totally as the other being is and loving them because they are the way they are, divine love is allowing the other one to be the way the other one wants to be divine love is seeing everyone equally and I think that is the test of how divine our love is is it the same for every person we meet every day is our love for those who are opposing us as strong as our love is for those who are supporting us, divine love is unconditional and is for everyone alike, I guess the greatest example of it is Christ with his teachings of turn the other cheek, love your enemy, and so forth if we as a nation were to practice this we could make every apparent enemy of ours completely impotent just by loving them they would be powerless to do any harm to us but we would have to do it as a nation at least the great majority of the people would have to do that love itself is something we can't turn on and turn off either we have it or we don't have it and it's impossible to love one person and hate another to the degree that we hate anyone to that degree we love the others our love is no greater than our hatred is for any one person, what we call love is simply need for that person we say I love this person but not the next we feel that we need this person and therefore we'll be nice to this person so we can get what we want but that's not love human love is selfish divine love is completely selfless the methods we use should be the ones that suit us best, the methods that we like we are able to gain most from therefore each one should follow that method which he likes best all methods will eventually lead to the one method of self investigation who am I? what am I? and when that question is fully answered that is the end of the line there's nowhere else to go once we discover who we are we discover that we are infinite beings omnipotent, omniscient omnipresent so the outer teacher pushes us toward the inner teacher which is nothing but we revealing our real self to our self that which we have been seeking over the centuries outwardly in the world has always been right with us all the time closer than flesh it's always been the I that I am, we foolishly have been looking away from it the moment we start turning our attention toward it the moment we start looking inwardly we begin to discover who and what we are we should continue this until it's full, complete and discovering who we are

is the same as discovering that we are not the ego we are not that limited being, because we have strayed so far from the absolute knowledge it's almost necessary for us to start on the negative side of eliminating the ego to get enough of it out of the way so that we can begin to see the self that we are if we work on ego elimination we should always balance that with getting quiet worshipping the masters dropping into the self reading inspirational writings, if we work too long or too much on the ego we get caught up with it, it becomes real to us, it becomes too real and then instead of letting go of it we begin to try to sustain it, so anytime we are working on any method of eliminating of eliminating the ego we should always balance it with a positive method of dropping into the self, into the quietness into the feelings of bliss so that we don't validate the ego too much the only growth there is is ego elimination die unto the little self then the infinite self is there the infinite self is always there there's never a time when you are not a full master, that's perfection, that's eternal that can never be changed but your point of view your identity with it you can change because being infinite you have no limitations and therefore you can't assume limitation but it's only an assumption, it's only an apparency, it's not real so we should die to the little self, the ego, when we eliminate that, this infinite being that we are becomes self-obvious it's there all the time just covered over by concepts of limitation, which are only ego concepts I say never forget God always keep in the background if not the feeling of God the question who am I? or always keep in the background I am not the doer it's the body that's doing this, I am the witness be the witness, and in that way growth goes on all the time no matter what one is doing at work, there is always room to keep our mind on God to keep our mind on the path to keep our mind on a particular method and this should be done if we expect to get out of the mess we got ourselves into, it requires full time that we expect to get realization because of what I said before we have tons and tons and tons of effort put into wrong thinking now that we're in the right direction it's going to take that much effort to undo it except if we recognize that being infinite beings, we do have the willpower, and we could will instant realization if we would just do it how long does it take an infinite being to know that he is infinite and each one of us being infinite could do it in an instant if we would but apply our full willpower but our will is not that strong in that direction our will still says we are bodies mind need this and need that and want this and want that but that doesn't take away the fact that realization can be instantaneous the moment we do it I am that I am thou art that so the real grace is not external but internal the real grace is always there you will never ever stop trying to return to this unlimited joy with no sorrow because that is the natural state of the self and that is the grace operating all the time you're always being pushed towards seeking happiness which is seeking the self so the grace is operating every moment but if we expect someone other than us to do it for us it will never happen but I believe it's obvious when you look at masters with people around them people around them are not being given instantaneous realization are they not because the master doesn't want it because we have to do it the only thing the teacher does is point the direction that we must take and each one must do it for himself or herself now in a sense it's good to surrender to a master to God but what is surrender

surrendering is saying thy will but not my will not my little ego will but the overall divine will and if you surrendered your ego from that moment on everything would be perfect but most of us who think we are surrendering are doing it very conditionally just a little bit at a time and it must be complete to be effective if it's just a little that's all the benefit we receive is just a little so divine grace is always operating it's the self of you wanting you to let go of the ego concepts of limitation and it drives you toward the self in the direction of seeking happiness someday you'll see the only joy there is is of the self expressing more or less or shining forth more or less we uncover it a bit more and we feel happier so every time you're seeking happiness that's grace in operation so the grace is always there but no one will do it for you but you because you are that it's necessary to take full responsibility for everything that happens to us if we want realization God himself cannot give us realization if he could we would all have it the reason why he can't is because we are that God that we are seeking it's nothing external to us because God is right within us closer than flesh and since we are that God we are the ones who do it

[Speaker 2] (3:49:28 - 3:49:34)

the title of this session is having it all recorded July 4th 1966

[Speaker 1] (3:49:36 - 4:14:35)

the path we're on is from here on until we make the goal that's the first point I'd like to make we're on this path until we are infinite second we can do this this lifetime now generally it takes many many many lifetimes for the great great majority of people to make it however we can do it this time for two reasons first we are an unusual group second we have the right direction to make it this lifetime so that if we ever come back in the future it's by choice it's not by necessity usually those of us who want to help others to that point will come back just to help others but that's a matter of individual choice what we do the main thing is to achieve that state now becoming master over life is really a basic and necessary step through which we learn that we are not the victims in life but we are the masters after we master the ways and means of making our environment the way we want it then we look beyond no matter how happy we make our life if it's involved in livingness itself it will never satisfy us because our real state is that of being infinite and being happy in life and living has limitations are there any questions I've sort of brought us up to date now I'll go into what I think should be our direction in the future we have to become more universal we should let go of our own livingness to the point where we can live outwardly more for others if we are universal beings we must be universal beings every human being is is me is the way we should feel you are me is the attitude we should have toward all people now I use the word attitude we can't help the world by giving them things it's just too much needed but we can give them that which is much more than things we can begin giving them the knowledge that we are getting and our attitude to be one of wanting to help everyone who wants help and

never helping those who don't want it that's imposing upon them we should try to help just those who cross our path we don't have to extend ourselves into directions because people will just fall into our lives they'll ask us questions and as we give them the answers we find that certain people will feel that you aren't giving them the right answers that you aren't helping them and they'll ask more and it's really an obligation to answer questions of people who come to you sincerely seeking the right direction.

As we begin to live outward and think less of our little self and more of the other one we are helping no one but ourselves. The world sees it differently, they would probably interpret it as we helping the other one but there's no other one to help but ourselves and actually we get the greatest benefit and we'll never make it unless we have this feeling of compassion, of oneness with everyone with a wish that they too know what we know. So to repeat we have gotten to the point where we have learned how to control life and make it happier.

Now we should try to make it happier for others who want it. This does not mean stopping our own growth that we never stop. We keep working for our own further growth but at the same time we help others.

Every living soul wants peace. They're all seeking happiness. Therefore if you would expect it it would come to you.

Expect peace and I help you. Expect to want to help people find this peace. You spoke of love and compassion.

Define what it means to you. Well love is only understood when you love. Compassion is understanding what the other one is going through.

Compassion is understanding what the other one is experiencing. But the emotional part sort of comes automatically if you live to see the other one happy. Practicing that way of life would bring tremendous amounts of happiness.

The basic point I tried to get across was what to do now that life has become happier and the next step is to live more outwardly if you can. Live for others. Live more for others.

This is another way of saying see God in everyone. See them as perfect. Then you help the most.

Feel that everyone is you because there is only you. There is only God. And God is that which I am.

Really. The basic absolute truth is what? There is nothing but an absolute perfect oneness.

That is I. Someday you reach a point where you just think and things happen. Someday

you go beyond that.

You just know the perfection and there is nothing to think about. Everything is perfect. Therefore there is no thought required.

Everyone makes it. Everyone does. But in terms of time as we now know it the great majority will make it in over a million years from now.

And we can do it this lifetime. And we should. We are all moving in that direction.

The very greatest of the sages are still here. Some embody. Some not embody.

Leading us on whether we are aware of it or not. And all we need to do is open ourselves to their help which is the most powerful help there is. And we will get full realization this lifetime.

I try to follow them. If you follow me you are following them. I take my guidance from them through me to you.

So we are all moving in that direction. But this group is moving much, much, much faster than the great majority of people are. Imperturbability is an indication of how far we have gotten.

Can I be disturbed? Can I be annoyed? If I can I must eliminate that.

We should get to the place where no one and no thing can annoy us. But effortlessness does show how far we have gone on this path. I think a better indicator is peace.

How peaceful am I? The greater your peace the further you've gotten. Your attitude should be the same toward good and bad.

If it's good or if it's bad, where is it? It's in the world of limitation. We want to transcend limitation.

The good thing is the other side of the coin of a bad thing. It's all in this dream world, illusory world of limitation. Good and bad.

So after we learn how to make our life good then we should look upon good and bad as the same thing. It's the opposite side of the same coin. It's all part of the illusory world.

But our attitude toward the world is expressed in the highest when I said about the body. When I said about accepting good and bad the same way. What is it good for?

What is it bad for? This body. Things that are good and bad are for this body.

Aren't they? But we are so much more than this body. We are immortal.

We are perfect. So these things don't touch us. Our attitude should be the same toward good and bad.

Have an attitude of it doesn't affect me. I'm eternal. I'm immortal.

Nothing can affect me. So that attitude toward the flat tire should be applied all the way up to the body. We have been making life better.

Now that we can do that we shouldn't care whether it's better or worse. Because we are not just it. We are not limited by it.

Our attitude toward good and bad should be the same. Right? Do not identify what's happening out there.

It's all in my own consciousness. So what's the difference whether I think a good dream or a bad dream? It's all my consciousness.

It's necessary that you apply what you learn. You have to do it. I can't do it for you.

I'm just pointing out the way you should go. You have to go it. Therefore I have to step away so that you can swim on your own.

I'm telling you how to swim in the right direction. You have to do it. If I were to stay you would develop a dependency relationship.

You would feel good while I'm around. You would unconsciously attach that to me. You would not do on your own nearly as much as when I leave you and come back in and out.

I give you the theory. You get your lab course when I leave in the world. I leave you and the world bumps you.

Every time it bumps you it makes you think. You think in this direction. But what you read is also true.

You do need the assist, the confirmation, the re-establishing of the basic truths and directions. But you get that each time I come. Someday there'll be no need to listen to anyone.

Also there's only a certain amount that we absorb at a time or each time. Now there isn't a time that I don't give you the whole thing before I leave. Many times, right?

The whole thing. But it takes time to digest. It takes time to work it out in practice.

So I say you're getting an excellent way of my coming and going. There's no dependency relationship set up. And this dependency relationship is a thing that happens when people are with a teacher all the time which holds them back.

Now what I'm saying might not be 100% so. If we had a set up where we all lived together at one point, actually all lived together right in the same place, this teaching could go on all the time. You would get your practice working with each other like you and Ken sometimes would.

You would practice letting go of those feelings of opposition until there was none. In other words, the world would be right with you in your friends. See, the way out of the world is through it.

Isolation isn't good until you have completely renounced the world. Until you have gotten to the place where you see nothing in the world that you want anymore. You know that your happiness does not lie in the world.

Then isolation is alright. You have no more desires for the world. Then you may isolate.

But until then, growth is faster and better in the world. Should you isolate, before you reach that point, you are escaping. You are running away from the world.

And that's very bad. But it wouldn't surprise me someday to see us all living together in one place and this growth going on all the time.

[Speaker 2] (4:14:36 - 4:14:43)

The title of this session is The Key to Individual Freedom recorded July 8th, 1972.

[Speaker 1] (4:14:45 - 4:38:58)

What we're all looking for and what we call happiness I think is much better stated as wanting freedom. Freedom from everything and more so freedom in everything. It's not freedom from the world.

It's freedom in the world. Freedom to do or not to do on anything and everything. But this freedom we're looking for is so much other than what we think it is that very few of us really go all out for it.

This freedom which is total that we're looking for is not in a confined state of being a physical body. It is the state of pure and only being. It's the I-ness of us, the is-ness of us, the am-ness of us.

But it is not I am something, I am a body but just the am-ness and that alone when we see that then we see and know that we are infinite beings and that we superimpose upon this unlimited being that we are mental concepts which we call thoughts that I am this body and my name is such and such and this name and form is everywhere and that is the real. We concocted this whole universe and have forgotten that we have done it and we say it is real and it is separate from me and all it really is is a picture in our mind. The only place where you see this world is in your mind.

Put your mind to sleep and there's no more world. Don't wake up from this sleep and there's never a world again. But you are.

So on this infinite being or infinite being-ness that we are we superimpose the thing called mind which is nothing but the total collection of our thoughts and every thought is a limitation. Examine it. See it for yourself.

Every thought must be limited and so by now we have millions if not billions of thoughts of limitation that we accept as being real. So what we have to do is undo the thoughts undo the mind go into that realm just behind the mind which is being-ness which is infinite. Everyone, all life is seeking to return to that state of just pure being-ness and that is a state in which we have this ultimate state of deep very profound peace.

It's a delicious imperturbable peace which is nicer than anything else ever. Alright? So how do we get to this state this ultimate state of freedom?

The most practical method that I can see that you people, everyone here could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions but of ridding yourself of the things that the thoughts culminate in. These millions and billions of thoughts from the past culminate in tendencies little tendencies of which there's probably hundreds of them and if you drop one tendency you're dropping millions of thoughts your tendencies you can see, they're always there tendency to get angry tendency to react, tendency to want this, tendency you know they're sitting on top all the time you can see them and the thing you need to do is to drop it as you see it now the dropping is easy when you do it it takes less than one second to drop a tendency with millions of thoughts underneath it most of you most of you here have done it you know when you do it, it's easy and if you don't do it, it's impossible you struggle with it year in and year out you drop it it takes less than a second so what's required is to develop this method of dropping these little tendencies that come up when they come up not in the future not to go home with it and work on it but to drop it when it comes up if you do this you'll be doing it all the time it'll take you months and you'll be totally free it's gotta be done wherever you are whether you're working or not working every time you meet people these tendencies come up you can react to them and get into that emotional play up and back or you can look at it and drop it you get into that emotional reactive play with people and you get deeper and deeper into it you drop it as it comes up and you're free of it but the important thing is every day no matter what we're in we have this opportunity to drop these tendencies drop one tendency and you're dropping millions of thoughts from the past this is something everyone here can do alright now I'll give you a faster way you don't want to take months you want to do it in weeks these tendencies all culminate into what we call emotion there's only about eight basic emotions when your emotions come up if you'll will them out drop them with determination say I am through with this it's done under each emotion are these

hundreds of tendencies so if you drop the emotions you drop the tendencies and all the millions and billions of thoughts underneath them alright now if weeks is too long all the emotions come out of one thing only and that is desire if you would drop desire you'd be totally free all the emotions would be gone all the tendencies and all the thoughts underneath it what remains over after the mind is let go of is the infinite being that you are here and now you will have removed the total covering over this infinite being that you are a way to use desire that would be easier I think is to use attachments and aversion when we desire something to hold on to that's an attachment when we desire something that we want to hold away from us that's an aversion so all attachments and all desires all attachments and all aversions are desire we desire it to us or away from us now it's really possible for anyone to drop desire lock stock lock and barrel if he or she so determined the only thing that prevents us from doing that is first not wanting to and second saying I can't those two things will prevent us not wanting to and believing that you can't and the reason why you can do it is because infinite power is available to every one of you if you'll use it and it comes out in a form of determination full determination will do anything I know you're not going to knock desire out one day most of you won't knock out the emotions you'll try but every one of you can knock out the tendencies the little tendencies that come up and if you'll do it and make a habit of it it'll only take months the most, a few years to become totally free but it must be a daily thing, it can't be oh I have this tendency, I'll work on it tomorrow or next week or next month no, you gotta do it right there and then because it only takes less than a second and then the next second you can take another one and the next second another one so instead of doing it once every two or three months you can get a whole year's work accomplished in four seconds instead of a year so I'm emphasizing the value of getting into doing it every day then you do it as it happens and then you're doing in one month what the average person does in many lifetimes and you're doing it in a way in which you can get your freedom very very soon it should be months but you could do it in a few years if you're slow I mean this I'm not kidding you can do it in months how do I know that a guy like me who knew nothing about the path I did it in three months is what I'm talking about had I known the direction it would not have been more than one month because that's when it really happened was the last month I know it can be done and all you need is you and the desire for it the determination now the path is easy it is not difficult if you think it's difficult it's because you're looking in the opposite direction and saying it can't be done and that's why I'm emphasizing it's easy or impossible and that's just the way it is it's either easy or impossible if you do it it's easy if you don't it's impossible and I've been emphasizing working on tendencies of late and I see everyone can do it everyone there isn't anyone who's been working with me who hasn't dropped a tendency you can drop one you can drop two you can drop two, you can drop four you can drop four, you can drop eight they're all gone now the more you drop the freer you become which allows you more power to you than dropping bigger and more difficult tendencies so just drop something now, drop one thing, you'll succeed when you drop one you can drop two, you can drop two you can drop four odd infinitum but the important thing is to do it

every day we should be totally accepting of everything if we're not we are reacting so as the day goes by we have to accept everything bad bosses, bad people hot weather, cold weather good food, bad food total acceptance of this universe is total freedom that means accepting it the way it is letting it be the way it is not wanting to change anything but yourself total acceptance means you have no desires you don't want it to be this way you don't want it to be that way I guess one of the biggest and easiest things to see is your reaction to people that's going on all the time when you're with people drop all your reactive behavior and be free drop one thing and you're totally free drop desire drop eight things and you're totally free drop your eight emotions number one accept that you can drop them number two be determined that you will drop them then you'll find it's easy the real love is being the other one you want to understand someone, be that person will you understand that one if you can experience what they're experiencing identity is the real divine love being the other person oneness with the other person so the real love is so far from what the world considers as love remember if you are a whole infinite being you need no other you're complete total, infinite by yourself so long as we think we need another, we are limited so don't need the other one, be the other one by recognizing what you are you recognize that you are everyone by turning your direction back on yourself and discovering what you really are you discover that you are really every being and that's the way to it I can only point the direction on how to get there, I can't do it for you but you can experience it and I'm sure you've experienced it to a degree in the past I know you have then your whole picture of this world changes then you see the perfection when you see a right you see nothing but beautiful perfection and then this is the true, true picture when we see imperfection our sight is defective in the reality, everything is absolutely perfect that's why they say God is perfect God is all and if God is all and God is perfect, that includes us if we see an imperfection our sight is defective the imperfection is in us if we see it see the perfection where the seeming imperfection seems to be the imperfection is a seemingness and seeming don't see me as a if you see the perfection you're free